

- kev lug; los sis
- tej yaam qha tseeb txug koj tsev tuabneeg cov nyaj kws ua ntej txav se lub hli kws taag lug nuav nrug rua cov nyaj kws khwv tau hab siv taag npaum le caag lub hli ntawd.

**Kev tsim kuas muaj Feem tau txais nyaj them rov qaab rua cov Zaub Mov kws Yug Koj Tug Kheej Cov Mivnyuas:**

Yog has tas koj xaav kuas them cov nyaj yuav zaub mov kws yug koj tug kheej cov mivnyuas rov qaab rua koj, koj yuav tsum sau kuas tav hab kus koj lub npe rua huv Dlaim Ntawv Thov Zauba Mov Noj. Txawm yog has tas koj nyob rua huv thaaj tsaam kws muaj kev nrhav noj haus nyuaj, CACFP txuj cai yuav xaav kuas koj npaaj kuas tav dclaim ntawv ntawd yog has tas koj xaav tau cov nyaj kws koj yuav rua koj cov mivnyuas noj ntawd rov qaab. Tej zag peb lub chaw ua num yuav tau tshawb txug cov ntawv kws koj xaa rua peb saib koj ua num tau nyaj npaum le caag tag, tabsis peb tsi tau yuam cai kws yuav tsum ua le nuav lawv le peb paub. Yog has tas muaj le nuav tag, tsi txhob xaa ntawv rua peb has txug saib koj ua num tau nyaj npaum le caag yuav tsum yog has tas peb has ncaaj nraim kuas koj ua le ntawd koj maam le xaa xwb.

Yog has tas koj tsi nyob thaaj tsaam kws tis tau has tas muaj kev nrhav noj haus nyuaj tabsis koj xaiv tsi sau dclaim ntawv nuav los sis koj tsi raug xaiv tau rua txais kev noj mov dlawb los sis txu tug nqe mov kuas qeg, koj yuav tau txais tshaaj leej qeg zog II them nyaj nqe noj mov lug ntawm cov mivnyuas kws koj siv koj lub tsev ua chaw zuv mivnyuas. Txawm yog le caag los xij, yog has tas koj tub raug xaiv lug rua tshaaj leej I lawm, vim rua qhov koj lub tsev nyob rua huv thaaj chaw kws cim tau has tas txomnyem zog, koj tsi taag yuav sau dclaim ntawv nuav kuas tav tsuas yog ntshai koj ho xaav kuas them nyaj rov qaab rua koj txug tej nyaj kws koj muag zaub mov rua koj cov mivnyuas noj xwb. Thov koj nug moog rua lub chaw ua num kws txais koj yog has tas koj tsi paub has tas koj nyob thaaj chaw kws txom nyem los tsi yog.

**Rua Txhua Tug tuabneeg kws nyob rua huv lub tsev ntawd:**

USDA cais quas meej txug tsev tuabneeg yog ib paab kws muaj kev txheeb ze los sis tsi muaj kev txheeb ze (tsi yog cov tuabneeg kws nyob tsev kws muaj tuabneeg yug los sis tej lub koomhum) tug tuabneeg twg kws nyob rua chaw txomnyem (i.e., sib faib chaw nyob). Yog le ntawd, yog has tas qha txug cov nyaj kws khwv tau lug rua ntawm Dlaim Ntawv Thov Zauba Mov Noj yuav tsum sau txhua yaam ntxiv rua cov nyaj kws ua ntej them se lug ntawm cov tswv cuab huv lub tsev tuabneeg ntawd, saib lug qhov twg lug tag.

**Cov nyaj kws khwv tau lug kws koj qha rua peb yuav tsum yog taag nrho ua ntej kws them se kws txhua tug tswv cuab nyob rua huv koj lub tsev ntawd khwv tau rua hli kws taag lug nuav. Yog has tas cov nyaj kws koj khwv tau lub hli kws taag lug nuav tsi muaj lawv le koj tau teev tseg, tej zag koj npaaj sau kua muaj ntsiv ze le kws txhua hli koj ib txwm pheej tau txais. Yog has tsi muaj kev hloov luj heev tshwm sim, tej zag koj ca le kwv yees siv lawv le cov nyaj kws khwv tau hli taag lug nuav ua qauv xwb los tau. Yog has tas koj tsev tuabneeg khwv taag nrho tau nyaj npaum nkaus los sis tsawg dlua le kws tau teev ntawv txug koj tsev tuabneeg coob npaum le caag nyob rua dclaim ntawv kws muaj nrug ua ke nuav, ces koj yuav muaj feem tau txais nyaj them rov qaab ntau dlua.**